

SPRING into SUMMER FITNESS CHALLENGE

CHALLENGE REQUIREMENTS

- Sprint into Summer Fitness Challenge is open to Enrolled Salt River Pima-Maricopa Indian Community Members & their family members, SRPMIC Tribal & Enterprise employees.
- **TEAM CHALLENGE: 3 individuals on a team—all female, all male or co-ed teams**
- In order to participate, challenge participants must complete a Personal Health History Form (if applicable), and Medical Clearance Form (if applicable).
- **MUST COMPLETE INITIAL ASSESSMENT: weight, body fat percentage and waist measurement.**
 - Initial weigh-in (first day) and final weigh-in (last day) weights will be used to calculate the overall percentage of weight-loss.
- **MINIMUM ACTIVITY REQUIRED:**
 - Each team member must average 120 minutes per week (with a least 30 minutes of continuous exercise)
- Team Captains are required to email their team's average team exercise time on Tuesday or Wednesday of each week before 5 pm. **(Make sure to specify team name or number to fitness staff when reporting)**
- Email Fitness Staff: (rachel.seepie@srpmic-nsn.gov; michelle.long@srpmic-nsn.gov; jason.seepie@srpmic-nsn.gov; nevelle.howard@srpmic-nsn.gov; dion.begay@srpmic-nsn.gov) by 5pm on Tuesday or Wednesday of each week.
- Each Participant will be given a Food Diary & Exercise Journal to track caloric intake & output.

REGISTRATION

Registration for the 2012 Spring into Summer Fitness Challenge begins Monday May 7th and ends on Friday May 18th. The last day to register is Friday May 18th at 6pm—late **registration will be considered on a case by case basis.**

BODY COMPOSITION ASSESSMENT

WEIGHT & BODY FAT ANALYSIS

Your weight & body fat percentage analysis will be measured during week's 2, 4, 6 & 8 **(NO CHECK-IN FOR WEEK 10 – FINAL ASSESSMENT ON JULY 31 OR AUGUST 1).**

General Guidelines for an accurate reading:

- Take readings at least 3 hours after rising, eating a large meal, or exercising.
- Take readings once a week at the same time of day under the same conditions. (Note: Taking readings more than once per week is not beneficial since body fat does not change from day to day.)
- Average your readings for the month.
- Compare averages from month to month.

- By following this format, hydration fluctuations throughout the month will average out, and you will be able to better assess any real change in your body fat percentage over time.
- *Note: Tanita Body Composition Analyzer is accurate within +/- 5 percent.*

WAIST MEASUREMENT

Your waist measurement will be taken at the beginning and end of the challenge. Your waist measurement reflects the narrowest part of your waist.

POINT SYSTEM

WEIGH-INS

- **WEIGH-INS ARE MANDATORY & CANNOT BE RESCHEDULED. WEIGH-INS ARE SCHEDULED ON TUESDAY OR WEDNESDAY**
- earn 5 points for keeping scheduled weigh-in
- earn 1 point for each pound lost
 - *If you miss a weigh-in, your previous week's weight will be recorded for the missed week (i.e., zero weight loss for that week.)*

WAIST MEASUREMENT

- earn 1 point for each inch lost

EXERCISE

- **AVERAGE TEAM EXERCISE TIME SCALE:**
 - 120-240 minutes = 3 points
 - 241-360 minutes = 6 points
 - 360+ minutes = 9 points

FOOD DIARY

- Earn 5 points for completing weekly food diary.
 - Food diary is considered complete?
 - includes food description
 - includes food measurement (i.e., cups, ounces, etc.)
 - included calories found in food
 - includes grams of fat in food
 - **FOOD DIARY MUST BE SUBMITTED WEEKLY ON TUESDAY OR WEDNESDAY TO RECEIVE POINTS.**

SPRING MAKOVER PRIZES

- The team with the highest percentage of weight loss (based on starting and ending weight).
 - $[(\text{INITIAL WEIGHT} - \text{Actual Weight}) \div \text{INITIAL WEIGHT} \times 100 = \%]$
 - ***If there is a tie, the average team waist circumference will be the tie breaker.***
- and the team with the most points.